

## The Monroe Institute Local Chapter Network

LCN Mission Statement: The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavour to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth. The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.

### From the Editor:

Soon after my invitation to join the The TMI LCN Leadership Council, I rapidly was also offered a series of possible support tasks, one of which was editing the Newsletter. Gwen Jones has done such an amazing job as editor that I realized the task of continuing her fantastic work would be a challenge. I would first like to express my gratitude to Gwen and to Liz for their help and support in this transition zone. The transition was a steep learning curve for me, as I needed to translate everything from what was running on a Windows only platform into a format I could manage on my Mac. The learning curve has been exponential.

I'll use this space in the future to review something of interest in either Consciousness, TMI materials, relevant movies, or other stuff which could be of interest to TMI folks. But for this first issue as editor, I will limit my remarks to noting that there is a consolidation of the LCN Local Chapters and Regional coordinators into one section. The clickable links are gone, but email addresses for contact remain. I hope, on balance, that it is a reasonable tradeoff.



Please feel free to share feedback and ideas for future issues. The Submission Guidelines are on the final page. I hope that everyone who has been moved by their experiences with Hemi-sync®, TMI week-long residential programs, SAMS, or Excursion Weekends will share some of the wonder with all of us, by submitting articles of your experience, just as Lisa Reber did for this issue.

I look forward to supporting your ongoing explorations of consciousness! - Greg Brown

### TMI Program Schedule

Full details of the residential and weekend programs held in Virginia, across the United States and around the world may be reviewed at any time on the TMI website at the following website:

<http://www.monroeinstitute.org>

Human consciousness is evolving by awakening to the discovery of the True Self. All of us are participants in this amazing journey, the next great leap for humanity. As Bob said "We are more than our physical bodies." Our connection to the universe through nonphysical dimensions demonstrates the holographic matrix of timeless information. Our marvel at the wonder of an emerging perception of reality has been dormant inside us all along in preparation for our inner discovery.

## **What is the Local Chapter Network?**

The Local Chapter Network (LCN) dates back to 2009. It is run entirely by volunteers and receives valuable non-financial support from The Monroe Institute. Currently the LCN consists of 63 local chapters around the globe with 43 of those located within the United States. We have active chapters in 23 states, the Commonwealth of Puerto Rico and 14 other countries. Our largest presence outside of the U.S. is in Europe. India and Australia each have two active chapters. We anticipate that we will have some new local chapters forming in Asia in the near future.

Local chapters meet one or more times each month and vary in size from 10-100 members. Attendance at meetings ranges from 6-20+ people. We estimate that 700 or more people gather each month in their Local Chapters to explore consciousness.

## **What are Local Chapter meetings like?**

Local Chapters meet in private homes and other venues. The majority of chapters meet once a month. There is quite a variety of meeting formats and activities, but they all share a common interest in Robert Monroe's work in consciousness exploration. Many chapter leaders include opportunities for participants to listen to Hemi-Sync® and SAM (Spatial Angle Modulation™) exercises.

## **Interested in joining a Local Chapter?**

1. Visit the LCN Directory at the end of this newsletter and email the Regional or Country Coordinator for your geographical area to see if there is a chapter close to where you live.
  
2. Visit the Local Chapter Network page on the TMI website. Once on the website, click on Community, scroll down to Local Chapters, select the region in which you live, and complete the on-line form. Your request will be sent automatically to the Regional/Country Coordinator. Regional Coordinators make every effort to respond to your requests in a timely manner.

## **Can't find a local chapter in your area but would be interested in starting one?**

If you have completed a two-day Outreach Excursion Program or a six-day core Residential Program, you are eligible to start a chapter. There are two options for initiating the process.

1. Visit our LCN Directory at the end of this newsletter and email the Regional or Country Coordinator for your geographical area. Tell them that you are interested in starting a Local Chapter and ask for their assistance in getting you started.
  
2. You can go to the TMI website, click on Community, scroll down to Local Chapters, select the region in which you live, and complete the on-line form. There is a box you can check to indicate your interest in starting a chapter. The form will be automatically sent to the coordinator for your region. Your Regional Coordinator will make every effort to respond to your inquiry in a timely manner.

## "The Burping Bottle Discourse" by Diane Waybright

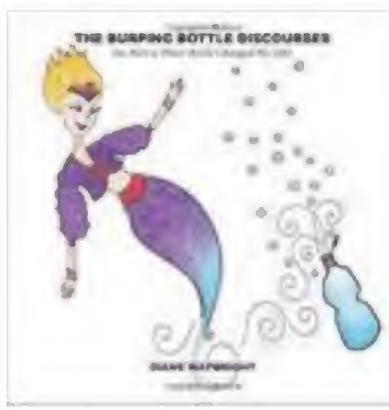
A Book that Will Bubble Up Your True Effervescence

Review authored by Deryn Winchester

**H**umans find guidance and insight from many different sources, Diane Waybright, the author and TMI Outreach Facilitator, found hers in a water bottle that ignited her to write "The Burping Bottle Discourses (Or, How a Water Bottle Changed My Life)."

Waybright's attention was drawn to timing and persistence of her water bottle's behavior. Each time the bottle made a burping noise, she found that she was illuminated with a new insight that bubbled up from within and connected her to inspiration without. Over a period of time, these divine mini-lessons guided her to make changes that transformed her life in profound and beautiful ways.

Creatively illustrated in a joyful way, this upbeat adventure takes the author from the countryside of Athens, Georgia to the city of Tucson, in Arizona where she rediscovers her True Self. Waybright uses a collection of clever metaphors followed by perceptions of divine insight from her spiritual water bottle team. Any reader will be able to apply this artful collection of insights to their own journey to awaken their own inner-guidance and heal the wonderful mishaps created along the way.



This cute square-book delivers beautiful glimpses of the struggles we face as humans and gives the reader a driver's map around the potholes. Waybright makes you realize that we can create the magic of transformation for ourselves if we only choose to take the time to breathe and discover the synchronicities artfully placed around us.

Waybright insures that there is nothing to fix within, just the joy of honoring, loving, and hugging our bumpy lump selves and inviting our mystical Self to step forward in full glory. "When you live with passion the forces of the universe gather to help you and guide you. It may mean jumping into the void, but if that is where your heart is leading, that leap will become flight and you will soar."

## Meet the Local Chapter Network Council

1. Name
2. Work in the mundane world
3. Favorite TMI Residential Program
4. Greatest insight from Hemi-Sync® Technology
5. Other interests in Conscious Expansion
6. Favorite Movie

1. Anja Lysholm
2. Outreach Trainer, writer, voice over artist and book keeper
3. I've only done two programs besides my Outreach Trainer program - Gateway and New Year's. I think my favorite was New Year's, both because of the fun energy, and because I got to spend the week with a wonderful friend from my Gateway program.
4. A deep connection to myself and a means to reach into that deep for answers.
5. Music and The Work by Byron Katie.
6. The Fisher King



1. Deryn Winchester
2. TMI outreach facilitator & Montessori teacher
3. My favorite TMI programs are based on the attendants!! All the programs are life-changing!
4. I learned that I am truly multi-dimensional.
5. I love energy medicine.
6. Butch Cassidy and the Sundance Kid

1. Tip Walker
2. Design & facilitate workshops in the human potential field
3. Timeline – As a result of this program I realized that not only am I not a hostage to or a victim of temporal circumstance, but I am also able to heal the past from the present and create the future I desire. In the truest sense, I am the captain of my ship.
4. has made it possible for me to open doors of inner awareness that I didn't even know existed.
5. energy healing, quantum biofeedback, channeling, and Instrumental Transcommunication (ITC)
6. Somewhere in Time



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1. Liz Clark.
  2. I'm a retired social worker and school counselor, and my husband, Steve Clark, and I are Outreach facilitators certified by the Monroe Institute.
  3. My favorite Monroe workshop - so far - is Guidelines. I really enjoyed our trainers, Joe Gallenberger and Paul Elder, and I had a great connection with my spirit guide when I had my PREP session.
  4. My health has improved markedly after I began using the CDs on a daily basis.
  5. Another thing I enjoy doing that seems to expand my spiritual horizons is drumming.
  6. To Kill A Mockingbird.

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1. Greg Brown, M.D.
  2. Psychiatry and Forensic Psychiatry
  3. Have truly loved each one I've had the pleasure to attend, but Guidelines really cemented in the Focus Levels and gave me tools and grounding of Gateway ideas that was a cornerstone to the system.
  4. Gives amazing guideposts for accurate identification and return to specific states of conscious awareness.
  5. meditative practices from several different traditions
  6. The Ninth Gate

# A Journey of Self Discovery

I am Lisa Reber, co-leader of the Fond du Lac, Wisconsin chapter. As a leader, I wrote the following for the group. I would like to share my experience from the Guidelines program at The Monroe Institute. It was a turning point for me.

On August 1st of 2014, Jennifer and I made our way to Charlottesville, Virginia. We were in high anticipation of a magic filled week at The Monroe Institute. We had previously participated in the Gateway Voyage program at TMI in 2013. The programs build on each other, so the next choice for us was either Guidelines or Lifeline. We chose Guidelines. The description of Guidelines that TMI gives is as follows: Explore deeper dimensions of your limitless self and learn to access guidance with confidence and clarity. This graduate course provides in-depth exploration of focus 21 with emphasis on contacting your inner self helper and other sources of guidance.

As a long time consciousness explorer, I can attest to the intensity and depth of this program. Since my last near death experience, I have felt cut off from my internal guidance and I also haven't recognized myself. I will share a couple of my experiences from the journey. The focus levels are states of consciousness. C1 is our physical waking reality. The levels that we journeyed to and learned how to go to with ease in Gateway were Focus level 10: mind awake, body asleep; Focus level 12: an expanded feeling of self/consciousness; and Focus 15: state of no time/space. These are the focus levels that will be visited during the Excursion workshop we will be hosting. In Guidelines we visited Focus 12 and Focus 15 for refresher meditations. They refer to it as the reset time. We then moved on to Focus 21, the bridge to other realities. We spent a significant amount of time (pun intended) in Focus 15 as well. The treat was going to Focus 27 which is beyond the Earth system and belief territories. The following are excerpts from a couple of my journeys as recorded in my journal.

Sunday, August 3, 2014

Clicked out (fell asleep) during the first meditation today. Opened my eyes and saw a note on the wall "remember where you were". It faded within seconds. It was cursive writing in blue. I also felt Steve and Gareth walk into our room during the exercise, however, they weren't really there! (2 other participants in the program)

Second exercise: Finally got "Let it go" song out of my head and felt like I was floating away. I moved fast into a vast area of space, zoomed like a superhero. Saw a pyramid; black with symbols on in greens, blues, yellows and orange. Perched on the peak I saw a kind pair of eyes on a large furry creature. Wanted to take me for a ride. Felt very trusting, like a good friend. Started our journey—I saw a ball of yellow light at the end, this is my pic 1 or journey marker.

Third exercise: This was a free flow in 15. I intended to meet someone from my "team" here. I did! They sent a rollercoaster for me to ride to a teepee. In the teepee I sat down and different colored lights came on around me. I wanted to know which one kept asking "Who Am I" to me during the crisis that led to the last NDE. I received, "The answer is coming". The rollercoaster came back to get me and the ride was intense. A great drop forward, two loops back to back and abrupt stop. I was told I'm supposed to have fun, play more.

Day 3: Have lost track of date! First exercise was to 21 and exploring Miranons' colors. I "clicked" out. When I clicked back in, it was to a different world. I was zooming in on a door. It looked huge, then as I got closer, the door got tinier and tinier. I then saw, as if I was high above, a garden plot with young plants, potatoes, I think. One of the plants suddenly got pulled down and a little being came out, brushed himself off, very sneaky like, went to the nearest street corner and became a lamp post. Kevin, one of

the facilitators suggested it was one of the earth keepers that native cultures talk about. I would call them keepers from the realm of faerie. Same thing.

Exercise 4: Rolled out of my check unit, in my astral body and tickled Jen's legs to see if she felt anything after the exercise. She said her legs kept itching! This felt like I was making it up....imagination gets the ego out of the way

Wednesday, PREP session (Personal Resources Exploration Program): My question/intention for this session is to find out if part of me left during the last NDE and someone else step in? Sensors are attached to both hands (fingers), then you are put in the booth. The booth is like a sensory deprivation chamber. It is copper lined, no light and you lie down on a special water bed. Headphones are placed on your head. I journeyed to f10, f12, f15, f18. I lingered in f18 for a little time to be in heart space. It helped bring a sense of calm to my physical body. I then journeyed to f21. In f21 I saw a train station. I waited on the platform, but no trains came. Suddenly an escalator dropped down in front of me; an up escalator. I got on and found myself traveling up through the train station roof to a tree. It was shiny silver, fairly good size. I was sitting on a bench in front of the tree, admiring it. I then felt someone on my left trying to push me off the bench. It was very irritating. (On my graph it shows a strong current at that moment). I wouldn't let her push me off. I noticed another person, on my right, he was very peaceful, very patient. I asked who he was. I then understood they are both expressions of me. I start crying at this point. Big anguished sobs and then tears of great joy and fulfillment. We sat and held reunion space with each other, these parts of me. Then we were under the tree canopy, playing. The tree from under the canopy looked like a spiral going up. I understood then, that during the last NDE, the patient aspect got pushed aside by the pushy or dominant aspect. We are whole again.

Writing my story or not is about fear. Let the fear go. I then went back to f18 for some healing and then returned to c1. When I came out of the lab, there were 3 vultures soaring just a small way over in the valley. The 3 are soaring together again, in balance.

Exercise to f21: The title of this session is "Meeting Friends" (Sense of time is gone. Not sure which day). When I arrived at f21 via the magic escalator, Doris and Clyde came dancing over (doing a polka) and a funny looking dwarf was playing an accordion and following them. Behind them came Maddie, the golden retriever, with something in her mouth. (Doris and Clyde are my dear friends' parents that recently passed away and the dog is one of my friends' dog that also recently passed.) Maddie was wagging her tail and so happy to be with them. She said "Tell Wayne the fishing is good here!" Doris had a message for my friends daughter...."tell her it's in the hair". That is all I could get her to tell me. Clyde just kept clapping and smiling. They were so happy. I then saw Phyllis, the friends mother-in-law, off to the side. She was smoking a cigarette and frowning, until Maddie dropped a fish at her feet. She had a message for one of my friends to let anger go. Her anger is really fear holding her back.



I was so surprised and delighted by the appearance of my friends' parents and dog! I went into the meditation with no expectation. Just open to whoever showed up. It was a great experience and I called my girlfriend as soon as I could to share the experience with her. I hope these passages have given you a sense of the magic that is in each of us, waiting to be explored, expanded and experienced!

# TMI Residential Programs in Greece 2015

Where: near Corinth, at Noosfera Centre. The sunny, historic Mediterranean, is our Gateway location at Noosfera, a new purpose-built retreat centre, with spacious, luxurious double accommodation and bedrooms specially wired for sound for use with headphones during The Monroe Institute programs. Treat yourself to a revitalizing week of consciousness exploration at 750 metres elevation, clean, clear air in the mountains with reaching views to the coast. Maria Xifara & Julia Pitsouli LCN Regional Coordinators for Greece and TMI Outreach Trainers have created this beautiful centre in Greece.  
[www.noosfera.gr](http://www.noosfera.gr)



*Julia & Maria*

It is located in the mountains near Corinth and is 57kms from Kiato railway station and 148kms from Athens airport.

Scheduled in August 2015 are a Gateway Voyage program & a Lifeline run by TMI residential trainer Linda Leblanc,

Gateway Voyage, in English,

Greece, 17-23 August 2015

Lifeline, in English, Greece, 24-30

August 2015

Contact: Linda Leblanc,  
[psygnos@spidernet.com.cy](mailto:psygnos@spidernet.com.cy)



*Linda Deblanc*

## Cincinnati Local Chapter

-by Andrea Berger

We were initially founded on Mar 18, 2010; our first meetup was on April 25th, 2010. We've had 123 meetups so far, with more to come this year. We are now 215 members strong!! Audios we particularly like include "Creating Success", "Into the Light", "Claiming Yourself" and "Healing Journeys." I truly enjoy hosting these events, providing a place for people in my community to come meet like-minded people. It is very rewarding to see people transform over time...becoming more self aware, more open, more loving and understanding. It gives me hope that we, humankind, can evolve and transcend our limitations, and thus, change our future.



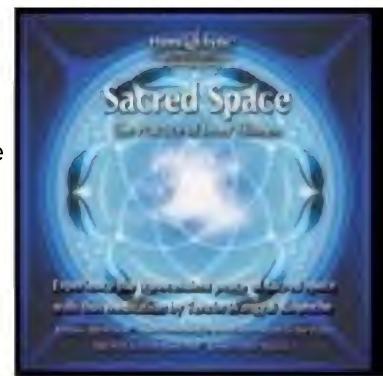
## Guidelines at The Monroe Institute



Guidelines offers still another step in the development of a more complete understanding of self. In addition to exploration of your Total Self and creating an ongoing communication with your Inner Self Helper (ISH), the program provides orientation exercises to support the experience of the out-of-body state. Training in the use of a special "healing" energy – either individually or in a group – to benefit both self and others is also an aspect of Guidelines. This is also the only program where you get a free PREP session, an extremely unique experience. The theme of Guidelines is to assist you in learning methods in which communication can be established with distinct and different intelligences. Whatever you call such intelligence (e.g., Total Self, Inner Self Helper, Guide, Non-Physical Friend, Universal Consciousness, etc.), it can be any constructive source that has an overview beyond your normal daily physical perception. In addition, Guidelines encourages the practical application of such communications and states of consciousness. With practice, a person can learn to quickly and directly access whatever information is needed.

### Hemi-Sync® - Sacred Space The Practice of Inner Stillness

Learn to connect with the sacred space that is the inner refuge in all of us. Revered spiritual teacher Tenzin Wangyal Rinpoche masterfully guides you inward to feel, connect, and become the inner stillness, releasing anxiety, fears, and confusion. In the sacred space there is a presence, an awareness, a sense of knowing. Discover and feel the presence of joy, warmth, and love in that space, which is your inner wealth. Experience it radiating through your body, speech, and mind in the world, transforming places, situations, and people. Allow it to manifest in the world, bringing balance to the workplace, the family, to all people and places. Repeated use of the meditation will deepen your experience with each listening. Length: 42 minutes.



# An Unexpected Road to Becoming an LCN Leader

By Patricia Walker

In 2003, I had an out-of-body experience that changed my life. It happened in a most unlikely place—in the middle of rock star Sammy Hagar's (former lead singer of Van Halen) concert in Mexico. At first I thought I'd imagined it, but the experience was profound—I saw God and my soul and "beings" in other dimensions. And much more.

Immediately afterward, things started occurring in my life that I couldn't explain and although they were all extremely positive, I grew increasingly concerned for my sanity.

I wrote a letter to Mr. Hagar and told him what happened to me during his show. He wrote back and has been personally involved in my life ever since.

In the meantime, in my quest for an explanation, I searched online for "altered states of consciousness," and checked out a book from the library, "Muddy Tracks" by Frank DeMarco. So many amazing things were happening, that I'd gotten the idea to write a book about my experiences, but when I read Frank's account, our stories were so similar that I was shocked. However, our stories differed too. DeMarco wrote of a place where he visited other dimensions of consciousness, even rescued souls who were stuck between life and death—The Monroe Institute.

Something told me to contact Frank, but I repeatedly talked myself out of it, telling myself that he would think I was crazy. And just as I had that thought, I read in his book where he was considering contacting the author of a book he was reading, and he, too, talked himself out of it! A year later, when he finally wrote to her, he discovered that she had recently passed away.

I took this as a sign that I should contact Frank, so I did. We exchanged emails for a while, and he encouraged me to tell my story.

When I finished writing "Dance of the Electric Hummingbird," I was considering self-publishing it. I had a personal endorsement from Sammy, so I knew his fans would buy my book, but something told me to contact Frank again, so I did. I asked if he would look over my manuscript and if he felt moved to do so, would he give me an endorsement?

He agreed. Shortly thereafter, he recommended me to his publisher—Bob Friedman of Rainbow Ridge Books. Bob and Frank had been partners in Hampton Roads Publishing and had published many well-known authors—among them, Neale Donald Walsch's first "Conversations with God" book, which made Walsch an international sensation.

As Bob read my manuscript, he loved it and he published it.



He also talked to me about TMI and encouraged me to sign up for Gateway Voyage. Although I was reluctant, it seemed like the next logical step for me since I'd already had an OBE and wanted so badly to understand it. I signed up.

I had no experience with Hemi-Sync and therefore no idea what to expect. Plus, my husband kept telling me, "Don't drink the Kool-Aid" so when I first arrived at TMI, I was extremely nervous. But after the first few sessions, I realized that I had complete control over what I was experiencing and that I was safe, so I then relaxed, and had some incredible experiences. That's another story.

In July 2014, I took my second TMI program—Timeline. World-renowned psychic Sonia Choquette told me years earlier that Sammy and I had shared past lives, so I'd hoped to explore this further.

Timeline was extraordinary, and when the program ended, just like in Gateway, I made friends with people that I will remain friends with forever.

Since Gateway, I'd been considering becoming an LCN leader for TMI, but life got in the way. A few months after Timeline, Cindy Lyn Bartholome emailed me, saying that she was going to be in Denver for a TMI gathering. I'd been in touch with her off and on for almost a year, so I was eager to meet her. (During all this time, I'd been working on my second book, and I'd named one of the main characters "Bartolome." This was before I'd even heard of Cindy!)

At the gathering, Cindy said that there were no LCN leaders in the Denver area, and that one was desperately needed. What could I say? Like all the other "coincidences" on my journey to self-discovery, this too, fell into my lap.

I am now LCN leader for TMI of Northern Colorado. Our group has met three times now and new members join every month. I am thrilled! This is precisely what my book is about—unexpected and unlikely roads to self-realization. If extraordinary things such as these can happen to me, they can happen to anyone. There is no such thing as "impossible."

Candie Sanderson, a former member of the LCN Leadership Council, began channeling spontaneously one month after returning from TMI's Lifeline program in the summer of 2013. She has been gracious enough to share the material with LCN Connections.

## Star Connections: 10-17-13

(This references "sparkles" that I see when looking at something shiny. It began in June of 2009 and I haven't yet found anyone else who sees the same images. I actually perceive vibrant, moving energy when I view something that sparkles.) I was "cued" to look at the sparkles in my fingernail polish this morning and I knew a message from Sprit was forthcoming. I turned on my voice recorder and received the following message.

We come from the stars, all of us. That is your Source. That is why you see the sparkles, especially when combined with light. Light is the key ingredient of Life. Light is what allows us to shine and to open and to be an energy connection to Source. When we are in our dense bodies (as in the human state), we often forget the original source from which we came.

Be a Light; be a beacon to those around you. By emulating the Source and shining, you will attract into your life that which is clean and pure. By remaining "crystal" clear, you will begin to flow and ascend to the states for which you were meant to be. It is good that you are able to recognize a small piece of your Source in so many things that you see in the Earth plane. Continue to do so; continue to be that beacon for others as well as for yourself. For it is only through the purity of your energy system that clarity will come to you, as well as through you.

This is why many humans say "Reach for the Stars" when talking about achieving goals. This is a goal of returning Home, of returning to the Source, but also of returning to what is important to you. "Reaching for the Stars" is a way of reaching back to the Source and knowing that you are achieving in the direction you need to achieve. It is "going with the flow." It is aligning your energy with the crystalline, clear, pure energy of what you once were.

This is why there is often excitement associated with the words, "Reach for the Stars." On a deeper, energetic level, there is recognition of this (stars) being your Source. Be thankful that you are able to see tiny aspects of that Source just by looking (this is in reference to the vibrant, pulsating energies I see when viewing something shiny). Many have not recognized that and you did not recognize that for many years. Let that be a reminder to you of the connection to Source that is always there for you. Let that be a reminder of what your goals are. Know that it is perfect alignment on an energetic basis to "Reach for the Stars."

"Reaching for the Stars" allows your energy to flow; your energy will automatically rise and connect to Source. Think of the energy field of Source as the energy field of gravity in the Earth plane. It is a force that is always there and always affecting you, but you do not think of it or even recognize it. As you let go and allow, your energy, when it remains pure, will always gravitate toward Source.

Smile and be happy. When you have the energy of gratitude and happiness, that is another way to "Reach for the Stars," for it is the higher, more subtle energy of these positive emotions that will guide you in that direction. That good feeling you have inside when you are happy or in love is part of your emotional guidance system. It is a cue for you to realize that you are, indeed, on the right track. Be aware of that emotion and give gratitude that you have it and, thus, now you have an even a fuller understanding of what that means. It is another way of eliminating energy blockages and, thus, allowing the natural flow back to Source.

Everything is energy. That energy impacts everything about you. Be aware of it, for it is certainly aware of you. Acknowledge it and your awareness will increase and help guide you in directions never dreamed possible before. Smile. That is what enjoying life is all about. As you go through your life and you are happy, you know that you are certainly on the right track, leading your direction correctly by way of returning to the source of purity.



# Local Chapter Network Directory

Attendees of a two-day Excursion Workshop or a six-day core residential program at The Monroe Institute (TMI) are eligible to start a Local Chapter (LC). You will work with the Regional Coordinator in your area to help you get started. They will support you in establishing a Local Chapter regardless of your experience.

To get started email:

[tmilcnglobal@gmail.com](mailto:tmilcnglobal@gmail.com)

CCL: Certified Chapter Leader CL: Chapter Leader

Bold type: regional coordinators Regular type: local chapter network groups

## International Regions:

**International Region 1 – North America:** regional coordinator: **Beth Haley:** [bethhaley@gmail.com](mailto:bethhaley@gmail.com)

Calgary, Canada: CCL Beth Haley

St Paul, Canada: CL Jim Szajcher

Vancouver BC, Canada: CL Carlie Trueman

Toronto, Canada: CCL Jason Cragg

Winnipeg, Canada: CCL Jason Cragg

**International Region 2 – Latin America:** regional coordinator: by region as below

**Buenos Aires, Argentina:** CL Martha Lobos: [marthalobos@fibertel.com.ar](mailto:marthalobos@fibertel.com.ar)

**Mexico:** CCL Carmen Ramirez: [car.ramirezm@gmail.com](mailto:car.ramirezm@gmail.com)

**Rio de Janeiro, Brazil:** CCL Deborah Sachs: [desachs@attglobal.net](mailto:desachs@attglobal.net)

**San Juan, Puerto Rico:** CCL Carmen Montonto: [academiamc2@gmail.com](mailto:academiamc2@gmail.com)

**International Region 3 – Europe:** regional coordinator: Thomas Hasenberger: [ht@thomashasenberger.com](mailto:ht@thomashasenberger.com)

**Cyprus:** Linda Leblanc: [psygnos@spidernet.com.cy](mailto:psygnos@spidernet.com.cy)

**Denmark:** Anja Lysholm: [anja@uforklarbar.dk](mailto:anja@uforklarbar.dk)

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Antwerp, Belgium: CCL Rolf Nuyts

Copenhagen, Denmark: CCL Anja Lysholm

Paris, France : CCL Nelly Jolivet

Muiderberg (NH), Netherlands: CCL Joop de Jong

Noord Brabant, Netherlands: CCL Leidi Haaijer

Cluj, Romania: CCL Petru Stetiu

Bucharest, Romania: CL Marilena Ionescu

Canary Islands, Spain: CCL Judith Schorring

Getafe, Spain : CCL Marisol Perez

**International Region 4 - Japan:** regional coordinator: **Masamichi Sakamoto:** [massdl@pp.ijj4u.or.jp](mailto:massdl@pp.ijj4u.or.jp)

**International Region 5 - Asia:** China, Hong Kong, Taiwan: regional coordinator: **John Zhang:** [johnzhang230@gmail.com](mailto:johnzhang230@gmail.com)

**International Region 6 - Africa:** no chapters

**International Region 7 –Australia:** Australia, New Zealand, Papua New Guinea, East Timor, Solomon Islands, Vanuatu, Fiji, New Caledonia, and Indonesia: regional coordinator: **Gwen Jones:** [jonesgwen@msn.com.au](mailto:jonesgwen@msn.com.au)

Melbourne, Victoria: CCL Irene Blanck

Perth, Western Australia: CCL Elaine Bowes-Lamb

**International Region 8 –India:** regional coordinator: by region as below

**Kolkata, West Bengal:** CCL Nikate Khaitan: [nikatekhaitan@yahoo.co.in](mailto:nikatekhaitan@yahoo.co.in)

**Uttar Pradesh:** CL Archana Khaitan: [khaitanarchana1@gmail.com](mailto:khaitanarchana1@gmail.com)

# United States Regions:

**Region 1 – New England: regional coordinator: David Baird: dbaird@msn.com**

Camden, ME: CCL CJ Kenna

Putnam, CT: CL David Baird

**Region 2 – Northeast: regional coordinator: Steve Winchester: stevewinchester@gmail.com**

New York, NY: CL Allison Moore

Philadelphia, PA: CL Robert Waas

**Region 3 – Mid - Atlantic: regional coordinator: Ellen Jones-Walker: ejones@swva.net**

Lynchburg, VA: CCL Leita Reichle

McLean, VA: CCL Parvin Soltani Goldberg

Midlothian, VA: CCL Melissa Vetter

Floyd County, VA: CCL Ellen Jones-Walker & Tip Walker

Pipestem, WV: CCL Anna Ferraraccio

Raleigh, NC: CCL Dawn Tobin

**Region 4 – Southeast: regional coordinator: Don and Cindy Murphy: DomeHealingCenter@comcast.com**

Amelia Island, FL: CCL Don & Cindy Murphy

Boca Raton, FL: CL Yafi Yair

Naples, FL: CCL Tony Eller & Candie Sanderson

Ocala, FL: CCL Jean McDoniels.

Palm Coast, FL: CL Patricia Hale

Tampa Bay Area, FL: CCL Steve DerDerian

**Region 5 – Upper Midwest: regional coordinator: Andrea Berger: aberger@cinci.rr.com**

Appleton, WI: CCL Laurin Bellg

Chicago, IL: CCL Marinda Stopforth

Cincinnati, OH: CCL Andrea Berge

Columbus, OH: CL Tom Wilson

Fond du Lac, WI: CL Lisa Reber & Linda Heimerman

Louisville, KY: CL Thomas Mooneagle

Minneapolis, MN: CL Adam Schmidt

South Haven, MI: CL Marianne Brown

Detroit, MI: CL Shawn Zelmer

**Region 6 – Southwest: regional coordinator: Chris Nance: yeshua2000@yahoo.com**

Austin, TX: CL Michael Minuto & CCL Bob Marshall

Dallas, TX: CL Luis Hernandez

Houston, TX: CCL Beth Vaughan

Houston, TX: CL Katherine Weldon-Mitchum

San Antonio, TX: CCL Keith Gunnell

Tulsa, OK: CCL Liz & Steve Clark

**Region 7 – Midwest: regional coordinator: Deryn Winchester: derynwinchester@gmail.com**

No Chapters

**Region 8 – Rocky Mountain: regional coordinator: Cindy Lyn Bartholome: cindylyn@ymail.com**

Crawford, CO: CCL Cindy Lyn Bartholome

Fort Collins, CO: CL Pat Walker

Salt Lake City, UT: CL Travis Woodward

**Region 9 – Western Region: regional coordinator: Steve Winchester: stevewinchester@gmail.com**

Las Vegas, NV: CCL Greg Brown

Phoenix, AZ: CCL Howard & Deborah Patterson

Phoenix, AZ: CCL Steve & Deryn Winchester

Tucson, AZ: CL Diane Waybright

**Region 10 – Pacific Northwest: regional coordinator: Beth Haley: bethhaley@gmail.com**

Portland, OR: CCL Alpesh "Al" Parikh

Seattle, WA: CL Kathy Skripek

**Region 11 – California: regional coordinator: So-Cal: Diane Dyann: dianedyannTMI@aol.com: No-Cal: Fred Rible: f\_rybul@yahoo.com**

Beverly Hills, CA: CL Jeanne Mount

El Cajon, CA: CL Karen Hamlet & MarkHamlet

San Diego, CA: CL Shirley Rible

## **TMI Local Chapter Network Leadership Council Members**

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Yahoo Group - TMI\_LCN

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## **Portal Online at TMI Website**

Please take the opportunity to examine the new Portal at [monroeinstitute.org](http://monroeinstitute.org). This contains resources for local chapters which you can access at your convenience. You must be a Regional Coordinator or Local Chapter Leader to access, and have an account on the new TMI website. Terri Heeter can aid in Portal access once you have an account. [terriheeter@monroeinstitute.org](mailto:terriheeter@monroeinstitute.org)

### **Chiming In: Your Views**

We're starting a new regular section for the newsletter to aid in developing your Local Chapter identity and cohesion by asking you to contribute your very best practices for your Local Chapter. The first question for everyone to chime in on for the next issue is:

**What is the best way you've found to increase local chapter membership and attendance?**

Send to the email below!

## **Submission Guidelines to LCN Connections**

The TMI Local Chapter Network is here to serve and support each of you as you bring your experiences from programs into the world. We would be delighted to share experiences you find meaningful in your experiences with programs, Hemi-Sync, or SAM in the LCN Connection. Just send your article to the editor with a brief statement giving permission for us to use it. Photos are also welcome in .jpg, .tiff, or .png format, but please enclose a signed release which includes signatures from all parties in the photograph.

We also may share information about your local workshops for the purpose of providing information. The LCN Connection is not an advertising venue. Space limitations may prevent mentioning all local workshops.

The LCN Leadership Council and the Editor retain the right to edit any submitted material.

Please submit all material to:  
[tmilcnglobal@gmail.com](mailto:tmilcnglobal@gmail.com)

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Submissions are received with gratitude: Greg Brown, editor

